



Exercycle Corporation

687 PROVIDENCE STREET

P.O. BOX 1349

WOONSOCKET, R.I. 02895

HOW TO UNPACK & PREPARE EXERCYCLE EXERCISER FOR USE

DO NOT PLUG EXERCYCLE EXERCISER CORD INTO WALL SOCKET UNTIL YOU HAVE READ THE OPERATING INSTRUCTIONS!!!!!!

Observe caution on case: "Notice!" Carton must be unpacked from this side". Remove the cardboard cross support that is on top of the machine.

Cut down the full height of the carton at each corner so that the Exercycle exerciser is fully accessible.

Slide the Exercycle exerciser off of the carton so that you have easy access to the parts carton glued to the bottom.

Unpack small, carton. It contains the following:

Seat Assembly

Two Pedals

Four Rubber Foot Cushions

Flat Pedal Wrench

Handlebar Assembly

One Quart of Exercycle Exerciser Gear Oil

Allen Wrench

Be sure adjusting screw is backed off sufficiently. Carefully insert seat assembly into Exercycle exerciser. Tighten adjusting screw using Allen Wrench.

Stand Exercycle exerciser on end. Do it slowly and gently so that the Exercycle exerciser seat rest on floor.

Remove four bolts holding wooden frame to bottom of Exercycle exerciser.

Lower Exercycle exerciser gently so it rest on its four feet.

To attach the four rubber foot cushions, place the box in which the rubber feet were packed under the crossbar between front Exercycle exerciser feet. Assemble foot cushions (cut out part to inside of feet). Remove box and repeat process for rear feet.

To facilitate pouring gear oil, place can in hot water of a few minutes. Remove oil plug at top of gear box with wrench. Pour in all of gear oil from can (holding wide side horizontally or use special long stem funnel). Pour carefully and slowly. Replace and tighten plug.

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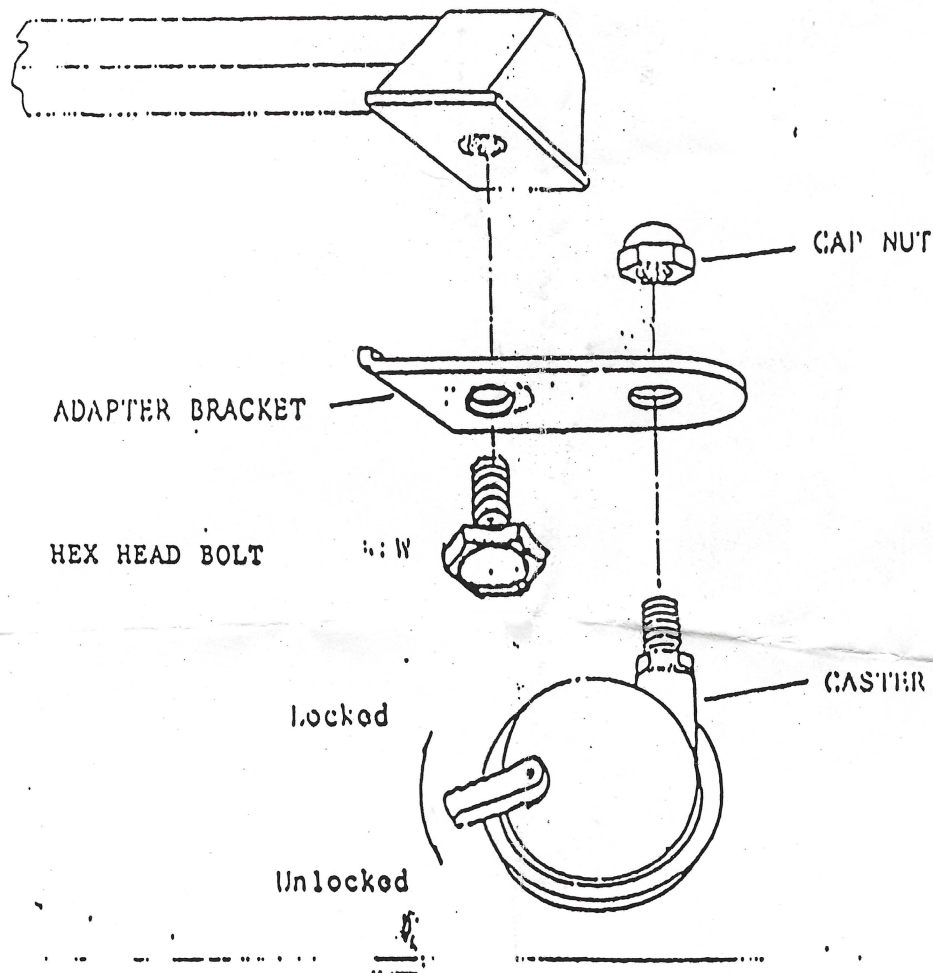
Loosen handlebar fork socket head cap screw using the hex wrench provided and pull half-way out of handlebar fork so that washer drops off screw. Insert handlebar stem into handlebar fork, slip washer through slit in handlebar fork and at the same time push socket head cap screw through washer opening (stem retaining washer is not used with Dual Bearing Systems). Tighten screw until handlebar post rotates smoothly but not loosely. THIS IS AN IMPORTANT SAFETY FEATURE. Readjust periodically. Lubricate as required, depending on useage.

Screw left pedal marked "L" (left handed thread) on base of screw stud into Left Pedal Crank, turning counter-clockwise from right to left and tighten very securely. Now, screw the right pedal (right handed thread), turning clockwise from left to right. Tighten very securely.

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CASTER ASSEMBLY INSTRUCTIONS



1. Raise front of Exercycle about 12 inches and support in suitable manner.
2. Remove Foot Cushions.
3. Hold ADAPTER BRACKET against underside of right Exercycle foot as shown. Insert HEX HEAD BOLT and tighten securely with an open end or adjustable wrench.
4. Assemble CASTER AND CAP NUT to ADAPTER BRACKET in the order shown above.
5. Hold nut on CASTER (below adapter bracket) with Exercycle Pedal Wrench and tighten cap nut with 9/16 open end or adjustable wrench.
6. Attach left ADAPTER BRACKET AND CASTER.
7. BE SURE TO LOCK BOTH FRONT CASTERS, then remove support and lower Exercycle exerciser.
8. Repeat above procedure for rear casters.